Nutrition Education Lesson	
	Kindergarten (TL-K-5)
Nutrition Constructs	This lesson is designed to increase students' knowledge and awareness of the importance of physical activity.
Iowa Core	K.CC.1 – Count to 100 by ones and by tens.
Supplies	Physical Activity Card Set (provided), small slips of paper, 2 boxes or bowls Time
needed	required 25 minutes
Before the	Put slips of paper with number 1-20 in a bowl or box. Use a second bowl or box for the slips students create. Write the following phrases on the board or word wall:
lesson	Powerful muscles
	Healthy hearts
	• Strong bones
	Sharp minds
Lesson	 Begin this lesson by doing a few minutes of physical activity with your students. Choose an activity from the physical activity card set provided. Take the opportunity to remind your students how important it is to be active throughout the day to keep our bodies and minds strong.
	2. Explain to students that they're going to learn about the importance of staying active to keep their bodies healthy. Everyone should be active for at least an hour every day. You know you're being active when you breathe hard and your heart beats fast. Instruct students to stand up and run in place as fast as they can while you count to 100. Go!
	 When students top, have them put their hands on your hearts to feel it beating fast! Direct students to the statements on the board. It makes our muscles powerful, flex your muscles! It makes our hearts healthy, is yours still beating fast? It makes our bones strong, click your strong teeth! And it keeps our minds sharp! We're going to use our sharp minds to come up with some creative activities to make our hearts beat fast.
	3. Form pairs. Instruct each pair to come up with an activity for the class to do. Some examples are: skips, jumping jacks, hops or all-over wiggles. Write each on a small piece of paper and put it in the bowl or box.
	4. Collect all of the pairs' activity ideas and put them in the bowl.
	5. Now have one pair come up at a time and draw a number and activity to do. That pair will then lead the class as they count to the selected number while doing the activity. Between activities remind students of the healthy things activity does for us and how happy our bodies are when they are moving and active.
	6. Keep the numbers and activities on hand for quick energy breaks throughout the year.